

07/25/25

Free Talk

0.005% chance to win the **lottery**

Lottery 抽奖

First Person Shooter 第一人称射击游戏

Stir-fried rice 炒饭

Homework Analysis - Writing

Summary

The Premier Skills Project helps new coaches teach football to young children effectively. It ^{equips new coaches} ~~provides~~ training skills and appropriate activities, ensuring children enjoy the game while learning. Coaches become ^{much?} ~~better~~ organized?, fostering respect and teamwork among players. Students improve their social skills, time management, and community involvement. The project transforms football into a fun, ~~active~~ inclusive experience, even for beginners.

Overall, you have done a great job! BUT...

It provides training skills and appropriate activities, ...

It **provides/equips** new coaches **with** training skills and **ideas on** appropriate activities, ...

① appropriate activities是教练给学员的，而不是project给教练的。

project可以给到教练组织activity的思路，或者方法

Thus ➡ 建议写法：

It equips new coaches with training skills and **ideas on appropriate activities**, ...

Couches become better organized...

Couches become **much** better organized...

Forrest的原文没有语法错误，但是根据题目的原文，应该是“更加organized”，所以“much better”更好 ➡ 忠于原文

如果想用不同的表达，可以是“way more organized”

其他都总结得比较到位啦!! 继续加油哇! (ง' - ')ง

Article

Taking a Gap year Is a Smart Choice

Nowadays, many students choose to take a gap year before starting university. Some people argue it is a waste of time and may reduce students' motivation to study, while others believe it is a great chance to relax, travel, or work. I believe taking a gap year can be very helpful if planned used wisely. beneficial

Firstly, a ~~gap~~ gap year ^{provide sb. sth.} provides students with the opportunity to explore the world.
^{先不要例子} ~~For example,~~ Some students travel to different countries and experience new cultures. ^{which} ~~This~~ helps them become more mature, open-minded, and independent.
 Therefore, by stepping out of their comfort zone, they grow into more responsible and thoughtful individuals.
 ① 加一个具体的例子: 去哪里旅游, 学了什么.

构成段落结构:

2 point - explanation - example - point

Secondly, taking a gap year allows students to earn money and reduce financial stress. Many students take part-time jobs during this period, saving up for tuition or living costs. This teaches them time management and financial responsibility. Thus, when they enter university, they are more prepared to handle adult life.

这部分是关于 Point → "earn money and reduce financial stress" 的吗? 同 Body 1. 先不写例子

Lastly, a gap year helps students build a sense of social responsibility. For instance, some students do/engage in volunteer work, such as helping in schools or charities. These experiences develop their empathy and teamwork skills. As a result, they not only benefit themselves but also contribute to society.

A well-planned gap year equips students with independence, responsibility, and social awareness.

In conclusion, I strongly support the idea of taking a gap year. If planned well, it can help students become more independent, responsible, and socially aware, which prepares them better for university and future life.

Title

Excellent!!!!

Introduction

I believe taking a gap year can be very helpful if used wisely.

I believe taking a gap year can be very beneficial if planned wisely.

整体结构是很完整的! 真不错!

① 虽然 “helpful” 没错, 但是还有更多关于 “优缺点” 的表达 (避免和后面正文的 “helpful” 重复太多)

*advantage vs. disadvantage

*beneficial vs. drawback

*strength vs. weakness

*positive aspect vs. negative aspect

*opportunities vs. challenge

② “if used wisely”

还是有点 chinglish 了, 是指 “这个假期利用得好” 吗?

那可以是: if planned wisely / if we make full use of the time 等等

Body Paragraph 1

Firstly, a gap year provides students with the opportunity to explore the world.

Firstly, a gap year provides students (with) the opportunity to explore the world.

①

V-T If you **provide** something that someone needs or wants, or if you **provide** them **with** it, you give it to them or make it available to them. 提供

Provide sb. sth. / Provide sb. with sth. ➡ both correct

For example, some students travel to different countries and experience new cultures. This helps them become more ...

如何修改?

直接删掉 “For example” 就可以啦!

① New cultures 建议用 different cultures:

这种文化本身就是存在的，只是你没有体验过，所以对你来说是“新的”东西，但是“新”属于你的“体验”，而对于“文化”来说，不是“新的”

Some students travel to different countries and experience different cultures.

② 这句话没有语法错误，但是例子的位置不符合我们课上讲的 body paragraph 结构
结构回顾:

Point ➡ explanation ➡ example ➡ point/link

所以这部分，直接删掉 “for example” 就可以变成一个合理的 “explanation” 了

③ “This helps them ...” 中的 “this” 指的是前面提到的 “travel to different countries and experience new cultures”。因此，可以用非限定性定语从句 “which”，指代前面的内容 ➡ 文章的句式结构更丰富

评分标准: ➡ ! Complex structure!

Range and accuracy

- Content is communicated skilfully and appropriately.
- Uses a wide range of common and less common vocabulary appropriately.
- Uses a wide range of simple and complex structures.
- High level of accuracy of language. Occasional errors may be present, but these do not impede communication.

Body paragraph 1 缺一个例子

我们一起加上例子:

For example, Singapore is a multicultural country where people from different ethnic backgrounds live together. When visiting this

country, students need to be careful
with their words and actions.

提示:

例子记得对应 point 和 explanation ➡ explore the world - travel to different countries -
experience new culture

Body Paragraph 2

This teaches them time
management and financial
responsibility. Thus, when they
enter university, they are more
prepared to handle adult life.

重新改一下:

This teaches them practical skills
such as budgeting and financial
planning. As a result, when they
enter university, they are better
equipped to manage their finances
and focus on studies without
excessive economic pressure.

Link back: 论点的 financial stress

Forrest 原文的 point:

“taking a gap year allows students to earn money and reduce financial stress.”

所以，整段话都是围绕“赚钱”和“缓解经济压力”写的

Body Paragraph 3

For instance, some students to
volunteer work, such as helping

重新写一下:

By stepping outside academic

schools or charities. These experiences develop...

environments, students gain exposure to real-world issues and diverse communities.

① 回顾结构:

Point ➡ explanation ➡ example ➡ point

所以，这部分应该写“为什么gap year可以帮助学生build a sense of social responsibility”

② “to volunteer work”笔误? ➡ do volunteer work

③ 表扬: not only ... but also

Conclusion

If planned well, it can help students become more independent, responsible, and socially aware, which ...

不妨这样写:

A well-planned gap year equips students with independence, responsibility, and social awareness, which...

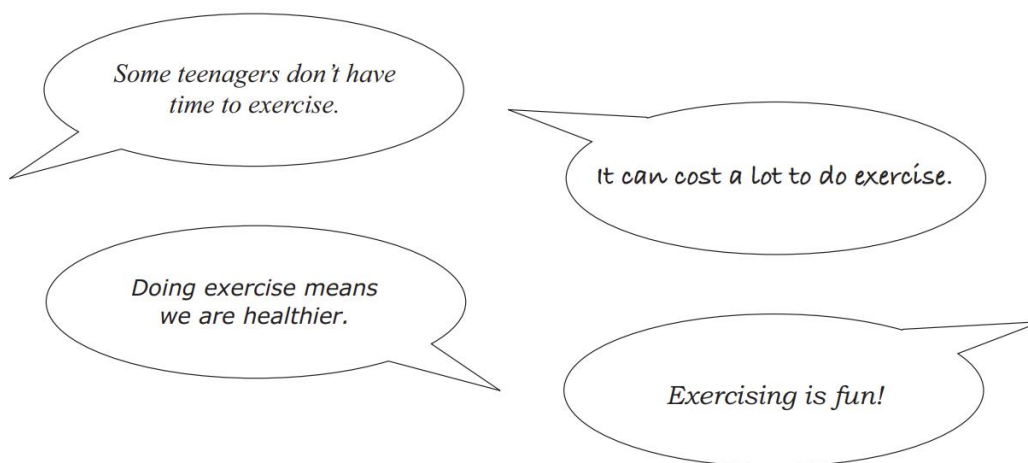
Forrest 一旦用对一个结构，就会经常用。当然，我们说，开头结尾的格式要固定，但是其中的一些表达是可以多变的

New Writing Task - In-class Practising

Your class recently had a discussion about whether all teenagers should do exercise. Your teacher has asked you to write an essay about the subject.

In your essay, give your opinion about whether all teenagers should do exercise.

Here are some comments:



Now write an essay for your teacher.

The comments above may give you some ideas, and you should also use some ideas of your own.

Write about 120 to 160 words.

You will receive up to 6 marks for the content of your essay and up to 9 marks for the language used.

和之前写过的“compulsory exercises”很像哦！好好利用素材！

Introduction:

...

Body Paragraph 1:

Point: Firstly, not all teenagers are **physically or mentally** suitable for exercise.

Explanation:

health problem (physical) -> make physical exercise difficult or even dangerous

Mental: low-confident -> joining a sport team -> stressful

Example: ...

Link/point: ...

Body Paragraph 2:

Point: Secondly, not every teenager has the kind of **personality** that fits well with doing exercise.

Explanation: ...

Example: ...

Point/Link: ...

Conclusion: ...

Homework 1 - ARTICLE

继续完成 Page10-11 的 Article

Homework 2 - Summary

12 Read the article about sailing.

Write a summary about the skills you can gain from learning to sail.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

Learning to sail

Have you ever been on a sailing boat? If so, then you'll know what fun it can be! Did you know that sailing's included on the training courses of some professions – not necessarily ones connected with the water? That's because learning to sail offers an all-round learning experience. For example, when you're learning to sail, you must make choices quickly about what to do next. This is an important ability in other areas of life too.

Sailing is very much a team activity. Each crew member has a job to do and it is essential that everyone learns to work well together. However, there isn't always time for discussion as weather conditions at sea can change without warning. If you're the person in charge, then communicating instructions in a clear way is vital. You might not find this easy, but you should keep trying. If you don't, you risk confusing your crew, and that causes problems. This is what's involved in being a good leader. It's not a role that feels natural to everyone, but it's something that can be developed, and learning to take charge of a boat is a great place to do this.

Sailing can be great fun, but sometimes things can go wrong. It's therefore crucial that all the safety equipment is working. If you're responsible for these checks, you must be completely focused on what you are doing and avoid distractions until you've finished. It could make all the difference in an emergency.

If you're on a boat with more experienced sailors, watch how they move the sails to catch the wind and vary speed. Listen carefully to what they tell you as learning to take advice from people who know more than you is always useful.

When you sail regularly with a crew, you're likely to see an increase in your ability to complete several tasks at the same time. You might be pulling ropes while you're checking sails and confirming your position. This isn't straightforward, but it's a great way of helping you to trust in yourself, and is of huge benefit to sailors.